



Roland Semprie

Celebrity Trainer/TV Co-Host/Professional Lifestyle Change Consultant /Doctor of SCENAR

Roland Semprie is the Founder/President/Director of Roland Semprie Rosedale Inc; one of the world's best destinations where the culmination of practices from East to West are found in a beautifully appealing, great energy, therapeutically efficient, and motivating high end environment. Employing innovative modalities and leading technologies, Roland Semprie Rosedale specializes in the combination of scientifically based, results oriented, one on one and group training services ranging from personal training, integrated healthcare, nutrition and supplementation, personal services, and guided learning, which are individually programmed or packaged for clientele and by request.

Roland is a Certified Trainer and Master Practitioner of Neural Linguistic Programming (MNLP), a Certified Trainer and Master Practitioner of Time Empowerment Techniques® (MTET), and a Certified Trainer and Master Practitioner of Hypnotherapy (MHT). He is currently completing a Masters in Holistic Nutrition, a Masters in Complementary Alternative Medicine, a Doctor of Traditional Chinese Medicine, and a PhD in Holistic Health and Wellness.

Roland is a Medical Exercise Specialist (MES), a Certified Earth Shiatsu Therapist (EST) with two advanced post graduate certifications, a Certified Fitness Consultant, a Sport Movement Specialist, an Infra-Red Non-Thermal Laser Practitioner, a Certified Acupuncturist, a Jade Stone Massage Therapist, a Certified Level 2 Kettle Bell Trainer, a Certified Clinical Hypnotherapist in Canada and the U.S., and the only Fitness and Healthcare Professional in the world licensed and authorized by Professor Alexander Revenko (Inventor and Master Trainer of SCENAR - Self-Control Energy Neuro Adapting Regulator) to treat, diagnose and train others as a Doctor of SCENAR.

His training specialties include The Difference, L3 (Long, Lean, Lithe), functional stability, aerobic weight training, strength and conditioning, abdominal stability, weight release and lifestyle management, Kettle Bell technique and movement, Thai boxing technique and Salsa/Hip Hop dance related movement.

Roland is a highly requested, charismatic, powerful and grounded professional speaker. Due to his extensive education, his walk the walk experience and expertise in the areas of Fitness and Healthcare, Nutrition, Motivation, Leadership, Emerging Wellness and Medical Technologies, Education and Business, he is able to offer insightful results and practical solutions that can be readily employed for your needs as a group or organization.

As the Co-Founder/Co-Owner and former Vice President of a former boutique studio, Roland's responsibilities included: New Business Development; Supplement Research and Development; Retail Development; Equipment Layout and Design; Trainer Development; Client Development; Media Awareness; Promotions; and personally training his own clientele.

Roland received his Bachelor of Arts (Hons) in Philosophy and Bachelor of Science in Physiology (Hons) at The University of Toronto where he was also a session lecturer in the Department of Physical Health and Education. He is a former university basketball and NBA Summer Pro-League player and has trained numerous amateur, Olympic and professional athletes as well as fitness and beauty pageant competitors and finalists.

Roland is also a Professional Salsa Dancer, Instructor, Choreographer, Competitor and Performer, having performed and taught throughout North America, Europe and Russia. He is a Competitive Muay Thai Boxer, a former Contributing Writer for Check-UP, and current Contributing Writer for WOMAN.ca

Widely regarded as one of the best trainers/fitness and nutrition consultants in the world, Roland has made several appearances as a fitness and nutrition expert on Global TV, Prime and CHCH TV's Body and Health, as well as, City TV, HGTV's Designer Guys and Arresting Design, Goldhawk Live, Three Takes, the Gill Deacon Show and the Art of Building Bodies. He has also recently made appearances on Flow 93.5, Toronto1, KJOH, Perfect Fit, Party Mamas and Three Takes, as well as the Globe and Mail, Toronto Star, Toronto Sun, National Post, Cambo (Russian Sports and Fitness Magazine), Toronto Life, SWAY, Fashion Magazine and Flare.

He is the Life Science Consultant for one of Toronto's largest condominium developers, Camfrost Felcorp, a former Spokesperson and Professional Lifestyle Change Consultant for Labatt's, the Professional Training, Fitness and Nutritional Consultant for Extreme in Ekaterinburg, Russia, and an Ambassador for Lululemon Athletica.

Roland is active in basketball, Muay Thai boxing, rock climbing, running, yoga and salsa.